



CAPSIS  
*Euphoria*   
REJUVINATING SPA

*Out of the Blue*  
CAPSIS ELITE RESORT



# awakening the senses

Euphoria comes from the Greek word “euphoria” which means “psychologically uplifting”. We welcome you to step into the world of the Euphoria Rejuvenating Spa, a specially created environment devoted to awakening your senses...

Our spa presents a complete range of face and body treatments for men and women to maximize wellness and beauty. Specially designed treatments are also available for teenagers offering the opportunity for our guests to discover new pathways of wellness and wellbeing.

## LIFTING, HYDRATION & ANTI-AGEING FACIAL TREATMENTS

### AWF EYE LIFT TREATMENT by Valmont 50 min - 105€

Pure native eye collagen mask with anti-wrinkle properties, against dark circles and puffiness.

### ICCT Lifting Treatment by Valmont 55 min - 125€

Combination of the most advanced, anti ageing ingredients such as DNA, RNA, and peptides with Medusa tensing collagen.

### Brightness of Ice Face Treatment by Valmont 55 min - 95€

This treatment works to clarify the complexion and improve the texture of the skin while providing overall anti-aging action. It doubles each phase of care to achieve entirely new synergies between the gesture and the product. A complexion as pure as ice is obtained, free of dark spots and imperfections, based on a new Valmont Zinc DNA molecule, providing total safety under the sun exposure.

### Vitality of the Glaciers Anti-ageing collagen face mask by Valmont 1h 30min - 150€

A Biological Lift and Deep Hydration face treatment with pure native collagen mask for smoothing fine lines, glow and suppleness.

### Short Facial Regenerating & hydrating Treatment by Valmont 35 min - 70€

It renews and refreshes the face thanks to the anti-stress mask Renewing Pack.

### Purity Face skin cleansing by Valmont 1h 20 min - 120€

Cleansing and detoxifying of the pores of the skin.

### NATURE Intense Hydration & Anti-oxidant by Valmont 1h 20 min - 120€

Intense hydration, a cure for free radicals and the oxidative stress of the skin

### Full face collagen mask with F-BTX (Botox® alternative) by Valmont 80min - 200€

No needle mesotherapy with hydra3® serum and Regenetic cream Regenera for optimum moisture levels against skin dryness, rich in Triple DNA, RNA concentration resynthesise the Hyaluronic acid of the skin.

• Extra charge for Neck and décolleté area - 40€

### Full face & eyes Lifting & Hydration by Valmont 45min - 170€

No needle mesotherapy with acid Hyaluronic and ICCT lift collagen express lift. Its exclusive combination of Triple DNA, RNA and primitive collagen provides an immediate tightening effect and optimal hydration.

• Extra charge in combination with “Eye massage mask” by Thalgo® - 20€

### Intense hydration treatment with acid Hyaluronic no needle mesotherapy 35min - 95€

No needle mesotherapy for face – neck and décolleté & Hydra3® regenetic serum. The skin regains its optimum moisture levels and greater density. This exceptional treatment delivers both immediate effectiveness and long-lasting anti-aging performance.

• Extra charge in combination with F-BTX Botox® alternative - 25€  
• Extra charge in combination with F-EYE contour Expression wrinkles elimination - 25€

### Anti-ageing purity face cleansing & rejuvenating no needle mesotherapy 80min - 170€

Cleansing and detoxification of the skin pores with Vitamins B complex & amino acids no needle mesotherapy. Vitamin B complex is very beneficial for the treatment of oily skin and acne as they play an important role in cell metabolism and skin ageing.

### Teenagers purity face cleansing with Nature intense hydration & antioxidant 80min - 170€

Cleansing and detoxifying of the skin pores while Nature by Valmont intense hydration and antioxidant treatment gets rid of all traces of fatigue and restores harmony to the face.

• Extra charge with F-ACNE no needle mesotherapy for sebum elimination - 30€

### Eye massage mask by Thalgo®

The Eye Massage Mask machine is used in conjunction with the below eye treatments and either a warm or cold gel mask underneath to massage the eye contour area. The five massage techniques will reduce puffiness and dark circles while gently smoothing out any lines or wrinkles.

• Eye touch, Intensive deep hydration treatment with Hyaluronic Eye-patch pads 30min - 30€  
• Eye expert, Intensive treatment with Collagen Eye-Gel mask 30min - 50€

## SPA PEELING COLLECTION

### Full Body Crystal Peeling with Flower Oils by Algoane 30min - 55€

Dead Sea salts are enveloped in flower oils and are delicately perfumed by orange tree flowers.

### Tropical Sugar Peeling by Algoane 35 min - 65€

Caribbean brown sugar mixed with vanilla oil carries and application of the Moisturising Shea Butter.

### Purifying peeling by Valmont 45 min - 80€

Ideal for mature and dry skins, based on rose oil full of fatty acids, for a maximum hydrating effect.

## ESSENTIAL BODY MASSAGE THERAPY COLLECTION

### Cretan Herbs Massage 55 min - 85€

A Full-Body Custom-made Aromatherapy Massage with essential oils of your choice

• Up-Lifting Herbs Massage: with Rosemary, Pine, Thyme and Mandarin.  
• Rejuvenating Energy Herbs Massage: with Dittany, Juniper, Oregano and Basil.  
• Relaxation Aromatherapy Massage: with Lavender, Juniper and Patchouli.

### Peaks of Slimness - full body remodelling massage 60 min - 150€

A full body sculpting massage, with anti-cellulite, anti-orange-peel, draining and firming action thanks to a mix of gentle movements, respecting the mature skins.

• Package of 6 treatments in a reduced price plus a free body exfoliation

### Vitality of the body - revitalizing anti ageing body massage 60 min 150€

Anti ageing, relaxing and revitalising body massage with original butterfly movements. Your skin is taken care of with the “Soft & Smooth” anti-age cream and body lotion.

### Full Body Hot Stones Massage 1h 20 min - 135€

This full body massage using volcanic hot stones and aromatic oils will bring relief to tense muscles and stressed mind.

### Thai massage 60min - 130€

It is a system of massage and assisted stretching developed in Thailand. You will after feel relaxed and energised.

### Cretan herbs massage 30min - 55€

Massage by the Sea 20min - 35€  
Enjoy a short massage session in nature and next to the sea

### Full body Crystal peeling with flower oils OR tropical sugar peeling with Cretan herbs massage 80min - 130€

### Purifying peeling with Vitality of the Body massage by Valmont 90min - 200€

### Elixir Des Glaciers Body & Face signature treatment by Valmont 150min - 350€

Shimmering gems and skin lifting agents enrich the textures vanishes into the skin providing skin looking for the very best offering a skin lifting effect.

### Private Massage of your choice in the privacy of your villa 55 min - 50€ extra charge.

## EUPHORIA SLIMMING & FIRING TREATMENTS

### Mediterranean Cretan olive oil body hydrating treatment 55min - 105€

Deep hydrating heat treatment for the

body with Cretan olive oil and beeswax. Begin with the application of olive oil mask mixed with a blend of cretan essential oils. Next, enjoy a deep basil scrub which will be followed by a body wrap. Finish off with the application of olive oil, jasmin & sandalwood cream for a silky smooth skin and a real renewing feeling.

### Cretan chocolate firming treatment 55min - 105€

A calm Cretan sensational firming heat treatment for the body on the “water bed”. A wrap of carob & honey mask application enriched with caffeine extracts for an immediate tensing effect. A carob peeling will open the session and leave the skin perfectly supple. Final application of olive oil, jasmin & sandalwood cream for a smooth and rejuvenating experience..

### Pepper & Seaweeds anti cellulite treatment 55min - 105€

Heat treatment on the “water bed”. It begins with a carob scrub followed by an anti-orange peel massage with anti-cellulite oil on specific areas. Application of “pepper & seaweeds” mask followed by the application of rosemary, cypress & black pepper body cream for a deep anti cellulite effect.

### Anti-Cellulite treatment by Algoane 1h 20 min - 125€

Heat treatment with a wrap of fresh fucus algae which unlocks the process of water retention drains and detoxifies the body. An anti-cellulite self-warming mask and final slimming massage.

### Chocolate Gourmet treatment by Algoane 1h 20 min - 125€

Caribbean cane sugar peeling with vanilla perfume. It ends with a wrapping experience in a cocoa-coffee wax for a slimming effect.

### Half Body & Legs anti cellulite - anti toxins & fat burning treatment 55min - 250€

No needle mesotherapy for the body with D-solution booster and C-curve shaper by Valmont, ideal for leg puffiness, firming and cellulite reduction

• Package of 4 treatments 800€  
• Package of 4 treatments with 4 wellness capsule sessions 1000€

## EUPHORIA HYDROTHERAPY TREATMENTS

### Jet Shower Massage 15 min - 30€

It helps the improvement of blood circulation, combating cellulite with the aid of a hydro jet.

### Affusion Shower with Full Body Massage 40 min - 65€

This massage is performed under a horizontal shower, which exudes warm water. A 20min massage with the use of essential oils is followed after.

### Colon hydrotherapy 55 min - 240€

Colon Hydrotherapy allows the bowel to cleanse and hydrates the body internally. This can strengthen your immune system, as well as sculpt your stomach area by reducing bloating, leaving you refreshed and invigorated.

### Body cleanse foot detoxification 30min - 60€

The Body cleanse is an innovative technique for facilitating detox and drainage while simultaneously fostering healthy changes in the body. It provides a comfortable and relaxing way to rid the body of toxins.

### Affusion shower with full body hot stones massage for deep relaxation 100min - 150€

## WELLNESS CAPSULE

The wellness capsule combines the concept of hydro fusion, steam & far infrared heat with true hydro-massage therapy. Effective cellulite reduction, slimming and detoxification can be performed by vigorously increasing circulation, stimulating metabolism and eliminating excess fluids. It can also be combined with “Eye massage mask” by Thalgo® against eye puffiness, dark circles and wrinkles at an extra charge

• Wellness capsule session 30min 75€  
• Wellness capsule with Vitamins & minerals affusion 30min - 90€  
• Wellness capsule with seaweeds body wrap 40min - 130€  
• Wellness capsule with seaweeds & collagen face mask 30min - 150€

## NUTRITION & HEALTHY EATING

### Nutritional Consultation 45 min - 95€

It begins with a general discussion about your lifestyle; continues with body measurements and a body composition analysis and ends with the proper advice for a pleasant nutritional and balanced stay!

### Body composition analysis 15min - 25€

The test requires standing barefoot on a scale. You will then receive a computer generated analysis with information regarding the body weight, body mass index, percentage of body fat, calculated basal metabolic rate fat mass, fat-free mass and total body water.

You can afterwards make an appointment with our Clinical nutritionist for any follow-up concerns you may have.

## EUPHORIA ULTIMATE HAIR REPAIR

### Scalp Massage by Valmont 30 min - 75€

This head massage with Repairing Oil will relieve and nourish the scalp while smoothing the hair fibres. The massage of neck and shoulders completes this pure moment of relaxation.

### Strength of the Solano by Valmont 30min - 90€

Benefit from hair growth stimulation and incredible well-being in record time. The hair scalp is strengthened and stimulated to slow down hair loss. It restores optimal health in damaged or weakened hair.  
• Package of 3 or 5 treatments in a special price

### Liquid Gold Head & Scalp massage 30min - 75€

Head massage with Argan oil, “the liquid gold” will relieve and nourish the scalp while smoothing and repairing the hair fibres. A massage of neck and shoulders completes this session.

## BEAUTY SALON HAIR SERVICES - WAXING & MAKE UP

We are devoted to offering you the best hair cutting, styling and hair colouring by using the finest in hair colour.

## MANICURE, PEDICURE - HANDS & FEET EXPERIENCE

For perfect hands and feet we invite you to select amongst our specialised treatments. Choose from a variety of spa manicure and pedicure, paraffin treatments for hands and feet, hand and foot scrubs, nails acrylic fills and, Shellac.

### Manicure 30min - 35€

### Pedicure 45min - 45€

### Shellac manicure or pedicure extra charge 45€

### Rejuvenating hand treatment by Algoane 20 min - 30€

Indulge in the absolute treatment for the health of your hands. Refine and rejuvenate your hands with a treatment full of vitamins and essential oils, leaving them moist and soft.

### Minoan palace Revitalizing & Lifting LEG MASSAGE 20 min - 45€

Draining and circulatory improving massage of the legs’ muscles to regain vitality. The feet are immersed into a cold water herbal solution for an instant rejuvenation.

## USE OF SPA FACILITIES

Rejuvenating heat experiences with Hydrotherapy pool & Hamam & Sauna. Per person 25€  
Per couple 40€

## EUPHORIA REJUVENATING SPA PACKAGES

### BEAUTY PACKAGE 3 days - 465€

Feel the balance between inner & outer beauty with the ultimate collection of wellness & beauty treatments.

#### Day 1

Wellness capsule with Vitamins affusion & Vitality of the body massage by Valmont

#### Day 2

Short facial Treatment - AWF Eye Lift Treatment by Valmont.

#### Day 3

Nature Intense hydration & antioxidant - Scalp Massage by Valmont

### SHAPE & FIRM for body & face 4 days - 485€

Slimming, shaping & detoxifying. Firm your muscles, shape your body, and free your toxins.

#### Day 1

Crystal Peeling - Anti Cellulite Treatment by Algoane

#### Day 2

Wellness capsule with Vitamins affusion - Short facial Treatment by Valmont.

#### Day 3

Anti-Cellulite Treatment by Algoane

#### Day 4

Wellness capsule with seaweeds body wrap - Pure native collagen mask by Valmont

### RELAX PACKAGE 4 days - 460€

Step into the world of euphoria. Awaken your senses with a collection of treatments reaching a state of psychological uplifting.

#### Day 1

Anti-stress body massage by Valmont

#### Day 2

Wellness capsule with smoothing program & Vitamins affusion - Short facial Treatment by Valmont.

#### Day 3

Nature by Valmont Antioxidant & Intense Hydration.

#### Day 4

Wellness capsule with stress release program - Scalp massage by Valmont

### BODY SCULPTING GOLD PACKAGE by VALMONT 6 days - 790€

The Swiss cellular cosmetics expert redefines the slimming and firming effectiveness. Thanks to exclusive high performance ingredients and textures no dimple, no curve can stand up to this innovative duo.  
Package includes: 6 “Peaks of Slimness” - 1 “Purifying peeling” by Valmont.





# CAPSIS *Euphoria* REJUVINATING SPA

## THE EUPHORIA REJUVINATING SPA ETIQUETTE

**Opening Hours:** Daily 10:00 am to 18:00 – 20:00 pm

For reservations please call Euphoria Rejuvenating Spa Reception at 4012.

**Check in:** You are advised to arrive 10 minutes prior to the first appointment.

Any delay will result in reduced treatment times to avoid disruption to other guests.

**Cancellation policy:** If you wish to re-schedule or cancel your appointments please contact the Spa Reception 4 hours prior to the appointment, otherwise the full service fee will be charged to your room.

**Age requirement:** Children 14 years and younger are not permitted to use the Spa facilities.

Smoking in the Spa area is strictly prohibited. Alcohol consumption is not allowed and is not recommended before undergoing Spa treatments.

**Personal belongings:** We recommend that you do not wear jewellery during your Spa visit. The OUT OF THE BLUE, Capsis Elite Resort cannot accept any responsibility for any loss of valuables left in the Euphoria Rejuvenating Spa and cannot be held liable for any such loss.

